

University Staff Counselling Service

Stress and Anxiety Management Tools

We would like to offer you the opportunity to join our 'Stress and Anxiety Management Tools' group which will run for 4 weeks on a Thursday at 4pm for an hour.

It can be hard to imagine how debilitating the feelings of Stress and Anxiety can be, until you suffer with them...

The aim of this group is to help you recognise and manage your feelings of anxiety using a CBT approach.

Enabling you to feel more in control and healthier -both physically and emotionally.

The sessions will be at the Staff Counselling Service, 1st Floor, 17 Mill Lane.

Please email staffcouns@admin.cam.ac.uk if you would like to join the Stress and Anxiety Management Tools group.

